

# **LATEST TRENDS IN SAMHSA MANAGED CARE**

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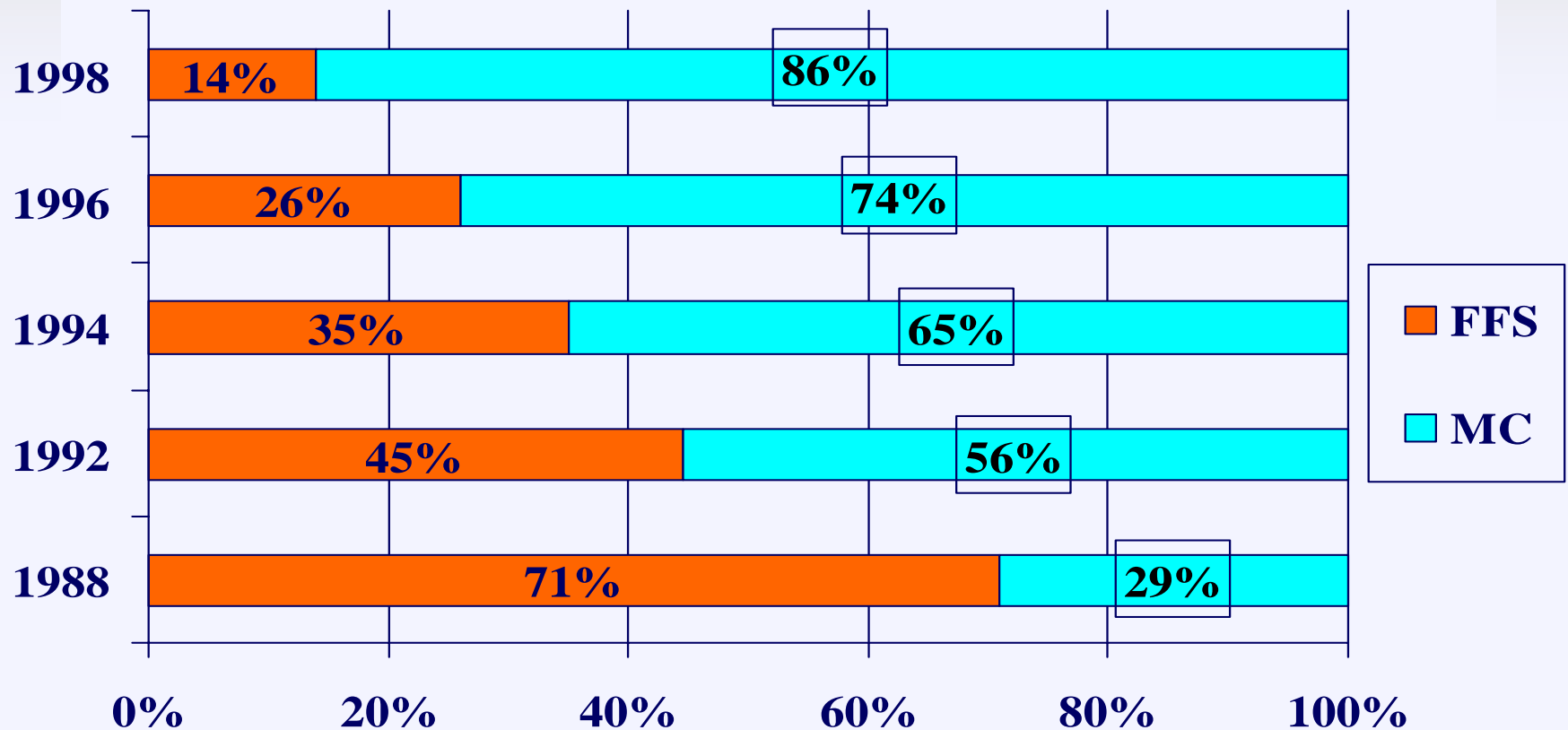
Substance Abuse and Mental Health Services Administration  
OFFICE OF MANAGED CARE



# Major Focus

- ✦ Past 5 years SAMHSA has been studying and shaping developments in managed care as it relates to mental health and substance abuse
- ✦ Changes are occurring not only in managed care, but in all health care

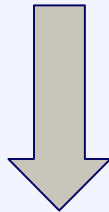
# Private Health Insurance Enrollment (Kaiser, 1998)



# The big are getting BIGGER (Open Minds)

Pre-1997 Mergers (Millions)		1999	(Millions)
✦ Value	24	✦ Magellan- 36%	64
✦ Merit	19	✦ Merit, Green Spring, HAI, CMG	
✦ HAI	16	✦ Value Options - 12%	21
✦ Green Sp	15	✦ United Behavioral Health - 9%	16
✦ UBH	11	[Top 3 Represent 57%]	
✦ MenH Net	7	✦ MCC - 6%	10
✦ First MH	6	✦ Managed Health Net - 5%	9
✦ MCC	5	✦ First Mental Health - 4%	7
✦ Options	3	✦ WellPoint Behav - 3%	5
✦ Family	3	✦ American Psych - 2%	4
✦ CMG	3	✦ Comp Corp - 2%	4
		✦ Family Enterprises - 2%	4
		✦ PacifiCare Behav - 2%	3

# When Care Is Managed



- Reduced access to inpatient residential treatment
- 50% reduction or more of inpatient treatment



- 200-300% increase in outpatient services for outpatient or ambulatory MH/SA services

Most companies experiencing increased access as costs for mental health are contained or reduced.

# NAMI Survey of Consumer & Family Members

(October 98)

## Negative:

- 55% don't know how to file an appeal
- 41% can't see doctor
- 34% medication problems
- 33% can't get crisis services
- 28% problems in getting hospitalized

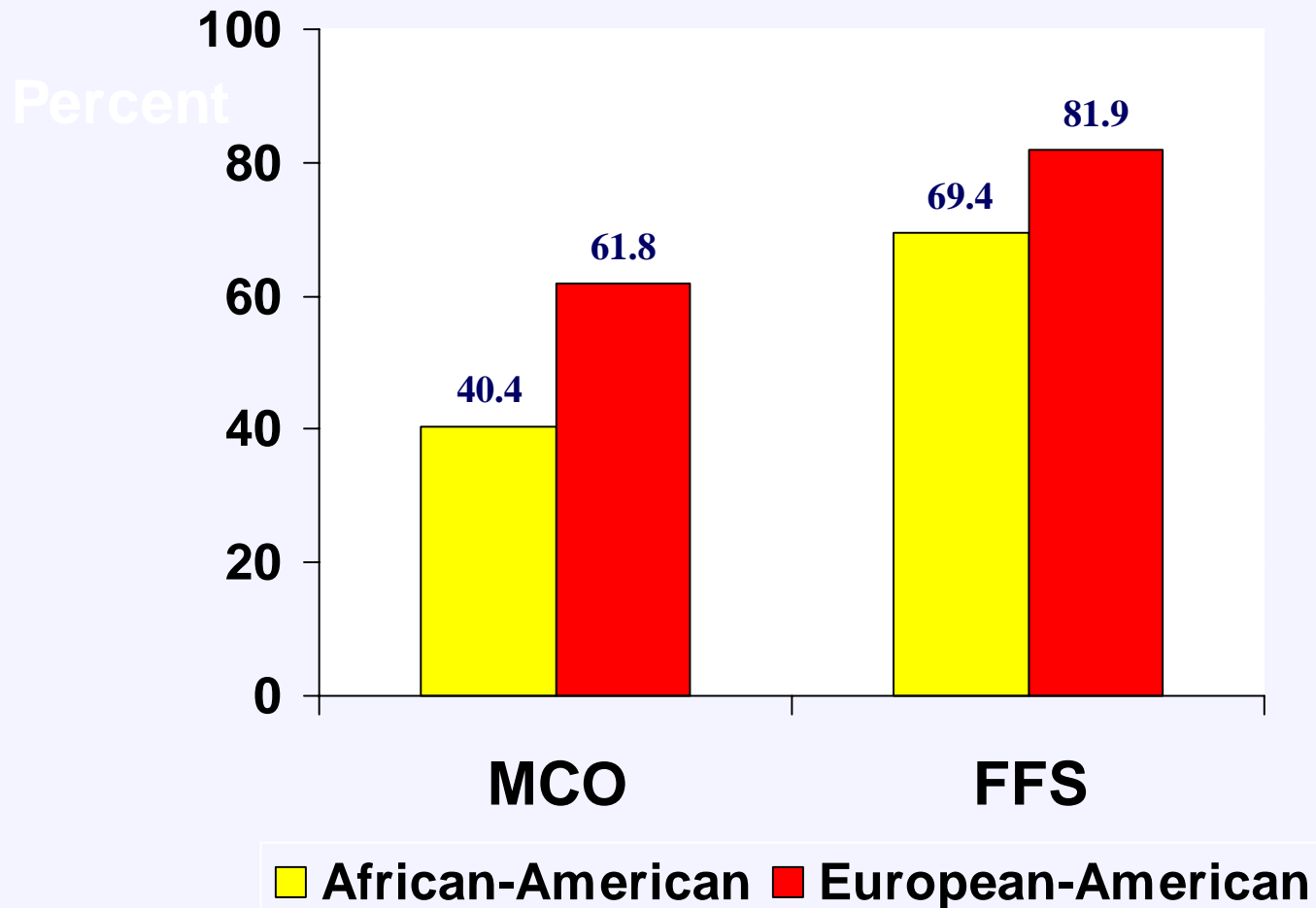
## 25% Positive:

- Improved tx access
- Emphasis on prevention
- Focus on consumer satisfaction
- Less hospitalization

25% filed an appeal and about 1/2 reported success

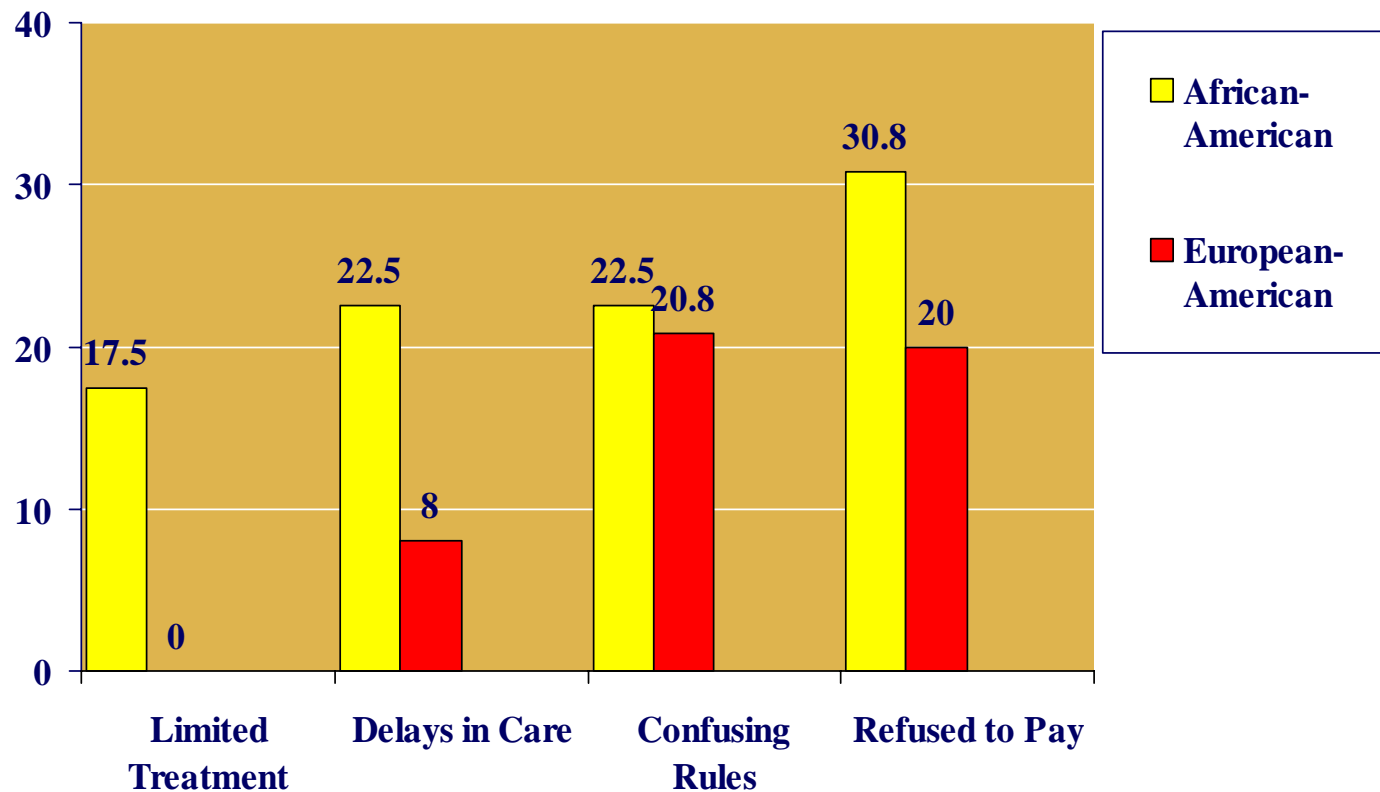
# Access by Race and Plan for SED Children

(Kelleher & Scholle, 1998)



# Culturally competent services?

**Percent of  
respondents**

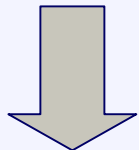




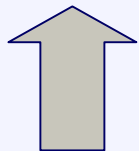
# Reduction of Percentage of Health Care \$\$ to MH & SA

CSAT and CMHS Studies

1989 – 1996



% of health care \$\$ allocated to MH/SA  
reduced from 10% to 4.5%



# Accreditation/Quality Assurance

## **Effective 2001**

National Committee for Quality Assurance requires companies that cover mental health and substance abuse services and general managed care organizations to provide **two** prevention interventions.

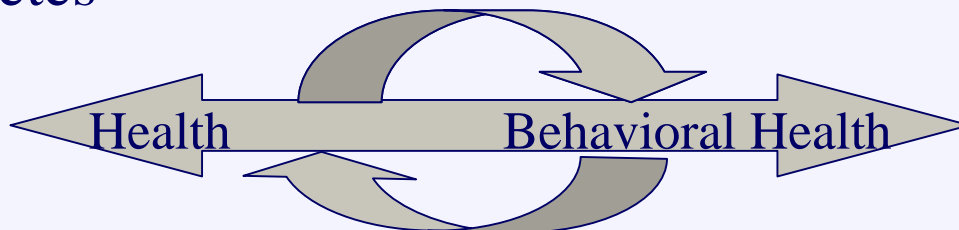
## **Currently**

Companies seeking science-based prevention programs from SAMHSA/CSAP to meet standards.

# Early Impact from Requirements

Large managed behavioral health companies are engaged in the following:

- One now screens other family members as an early intervention if a patient has an attention deficit disorder
- One has begun screening women who are experiencing postpartum depression to identify treatment options
- One is testing feasibility of screening and treatment for depression for all patients with coronary heart disease or diabetes



# Full Parity

## ◆ Office of Personnel Management (OPM)

- ◆ Largest employer in U.S.
- ◆ 9 million employees, dependents, retirees
- ◆ 1/1/2001 full parity for mental health and substance abuse treatment and prevention services

## ◆ SAMHSA and OPM developing standards

- ◆ Accountability
- ◆ Quality coverage

# Business Groups on Health

- ◆ Developing coalitions of small, medium and large firms
- ◆ Goal to improve efficiency and effectiveness of purchases
- ◆ Focus on cost reduction for medications
- ◆ Seeking to improve quality of mental health services, including prevention

# Business Groups on Health (Cont'd)

## ◆ Greater Detroit Area Health Council

- Standardized requests for information forms for all health/behavioral health managed care plans for 5 states
- Working on quality indicators and common performance measurements
- Developing criteria for covered plans for substance abuse prevention and mental health promotion

# Business Groups on Health (Cont'd)

- ▶ South Central Michigan Mental Health Alliance
  - ▶ Specific behavioral health managed care standards
  - ▶ Request for information and quality assurance monitoring process for managed behavioral health care
  - ▶ Product available for use around the country

# Business Groups on Health (Cont'd)

- ◆ Pacific/Midwest/Washington Business Groups on Health and Other Organizations
  - ◆ Developing innovative ways to provide mental health prevention and treatment



# Collaboration

- ◆ SAMHSA/OPM/NIMH/Washington Business Group on Health (WBGH) collaboration on mental health and substance abuse (MH/SA) concerns
- ◆ Sought advice/experience from employers
- ◆ WBGH developed report on opportunities and concerns in covering MH/SA benefits
- ◆ WBGH report available on SAMHSA Web site

# Managed Care Publications

- ◆ Technical assistance documents, contracting studies, tracking reports

- ◆ **KEN 800/789-2647**

- ◆ **NCADI 800/729-6686**

- ◆ World Wide Web

- ◆ **[www.mentalhealth.org](http://www.mentalhealth.org)**

- ◆ **[www.treatment.org](http://www.treatment.org)**

- ◆ **[www.SAMHSA.GOV/mc/mancare.html](http://www.SAMHSA.GOV/mc/mancare.html)**

